

The Effectiveness of Cmhn (Community Mental Health Nursing) to Improve Mental Health in the Community: A Systematic Review

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Keywords: CMHN (Community Mental Health Nursing), mental health.

Abstract: Introduction: One of the efforts to improve mental health in the community, one of them in Indonesia is the presence CMHN program. CMHN is a health care approachcommunity-based mental, where all the potential in thecommunity activelyinvolved (Permenkes 406, 2009), as well as efforts to realize the mental health services with the aim of untreated patients in the community will get better service. The purpose of this study is to determine, describe and analyze previous research that examines the various applications CMHN to improve the mental health community. Methods: The literature search was done on several major databases such as proquest, ScienceDirect, DOAJ, sagepub, MEDLINE and google scholar with a time limit used is January 2014 to December 2017. Results: The results of the training and empowerment of mental health workers that the research could improve the ability of mental health cadres in carrying out its role in the community. Results of research on early detection in each group showed that there is an increased knowledge and awareness about the importance of mental health. Results of research on the empowerment of families in caring for their family members who have mental disorders, that there is a decrease in the symptoms signs of mental disorder and independence of patients were quite good. Conclusion: From the journals were found about the effectiveness CMHN that program CMHN a positive impact for the development of mental health in the community and to improve mental health in the community, whether it was research conducted on a group of nurses Health Center, a group of health workers and groups of family or society itself.

1 INTRODUCTION

Mental health problems are still much to be addressed in the community, such as deprivation to clients with mental disorders. One effort to improve mental health in the community is the presence CMHN (community mental health nursing) program.CMHN is a health care approach community-based mental, where all the potential in the community actively involved (Permenkes 406, 2009), as well as efforts to realize the mental health services with the aim of untreated patients in the community will get better service. CMHN basic formation is a prolonged conflict with the tsunami and earthquake of 26 December 2004 in Nanggroe Aceh Darussalam (NAD) has passed, but the impact is still felt by all people with various conditions. These impacts may include loss of relatives, loss of property, damage to the environment, and so on.

CMHN program, the form alert village mental health, including: Education mental health for a healthy society, education of mental health for the risk of psychosocial problems, mental health education to the public that one of the family members had a mental disorder, Therapeutic activity for patients with mental disorders independently, Rehabilitation for independent mental patients and nursing care for the families of patients with mental disorders.

CMHN program objectives is increase the knowledge, skills and attitudes of nurses in providing nursing services for the community mental health in order to best achieve community mental health.The principles used in the implementation of community mental health services is to be following:affordability, fairness, human rights protection, integratedand sustainable,

effective and zoning service obligation (Permenkes 406, 2009).

Based on this background, the researchers took the topic of effectiveness CMHN (community mental health nursing) to improve mental health in the community.

2 METHOD

2.1 Search strategy

The research was drawn from a review of national and international journals. This study systematically reviewed and identified through a search-based computer from Science Direct, Proquest, Ebsco, JPER and google scholar from 2012 to 2017 by using a combination of keywords CMHN (Community Mental Health Nursing), mental health nursing, public health nursing and than training of mental health workers. Moreover, in the reference section of the articles identified from the database search and learned to find the relevant citations. Drawn from a comprehensive literature research has been done a few years earlier.

2.2 Inclusion Criteria

In this study, researchers determined the criteria for inclusion of some of the articles were taken as follows:

- 1) Mental health training
- 2) Empowerment of mental health cadre
- 3) The role of mental health workers
- 4) Early detection and community mobilization
- 5) The health worker / nurse
- 6) Community mental health nursing (CMHN) conference website.

3 RESULT

Depression screening at a community health fair: descriptives and Treatment linkage(Kiel j. Opperman, Devin m. Hanson, &, paul a. Toro, 2017), showed that more than a quarter of the participants were screened positive for at least simptomalaogi moderate depression. Who screened positive, 35.8% met the local psychiatric nurse for consultation. In the six-month visits, none of the participants who had been given a referral to make an appointment at a community mental health agency.

Village cadres training Undaan Lor mental health by means of early detection with classification method (Anny Rosiana, rizka Hima, sukesih 2015). Results: The volunteeris aware ofmental health problems , volunteers were able to explain about mental health and how to handle it alone, is capable of early detection, mobilized people to participate in healthy group counseling, risk and disruption. Mobilization of the community who have mental disorders to follow TAK (Therapy Group Activity). Cadre is also able to perform reconciliation and reporting cases.

Sustainabiliy factor related with the implementation of Community Mental Health Nursing (CMHN) in South and West Jakarta (Neng Esti Winahayu, Budi Anna Keliat,Ice Yulia Wardani, 2015). The results showed a significant relationship between sustainability factors with CMHN implementation. Results of interviews with stakeholder analysis about 8 sustainability factor is divided into several themes: a positive opinion of stakeholders on cmhn (their nursing care to patients, detect new cases, and reduce the stigma) and efforts for sustainability of CMHN (improving perception, budget planning, and socialization).

Early detection picture of mental health in rural districts Ranjeng and Cilopang Sumedang (Titin Sutini and Oktavia Nur Hidayati, 2017).The results showed an increase in knowledge scores between before and after training. The increase knowledge of rural communities ranjeng average total (65), and an increase in knowledge of rural communities Cilopang (64). This activity has not been able to reach the majority of people in the two villages.

Effect of training of cadres of the ability of cadres carry out patient care at home Mental disorders (Ni Made Dian Sulistiowati, Kadek Eka Swedarma, Ari Made Oka K, Menik Komang Sri K, 2015).Of the overall activities, it can be seen an increase in ability between before and after training of mental health workers.

Standby mental health training to increase the knowledge of cadres in RW 06 and RW 07 villages Rowosari District Tembalang Semarang (Eni Hidayati, Khoiriyah, Fatkul Muhammad Mubin, 2015).The knowledge and skills of cadres has increased in eight training organized team.

Empowering families and mental health cadres in the management of patients with chronic low self-esteem with a model approach precede l. Green, rw 06, 07 and 10 north of Bogor New ground(Desi Pramujiwati, Budi Anna Keliat And Ice Yulia Wardani, 2013). Nursing care Results showed a decrease in the signs and symptoms of chronic low

self-esteem with increased ability of patients was higher in the group of patients who received CBT, FPE and supportive therapy Rather than the group receiving CBT and FPE and getting CBT.

Science and technology for society (IBM) Mental health cadre groups in the village Pasuruhan holy Kidul district in the effort. Empowerment of mental health volunteers to improve the independence of the method of "one volunteer one patient"(Anny Rosiana M, Yuli Setyaningrum, Noor Azizah, 2016). After training a cadre of mental health, ladies cadre There is increased knowledge and generated health data currently resident in rw 10 Early detection classification methods such as healthy families, family risk, and their families with assistance Disorder patients by cadres nearby.

The training of specialists in Family and Community Health Nursing According to the supervisors of the teaching units(Enrique Oltra-Rodríguez, José Ramón Martínez-Rierab, María Isabel Marmol-López, Francisco Javier Pastor-Gallardod, Elvira Gras-Nietoe, Ana Holgado-Fernández, on behalf of the Grupo Investigador "AEC-especialidad EFyC, 2017.The results showed a high heterogeneity in the activities developed in the training. The average rotation of public health was 7.07 weeks, with a range of 0 --- 16 weeks. In the mean number of educational sessions is \$ 2.69 in two years. Average number of research projects is 1:19. Categories that appear on the strengths and difficulties associated with the educators, the environment in which the training takes place, the structure of the teaching unit, organization and teaching the official program of the specialty, external support and theoretical training.

Innovative models of nursing care and culture of health: Early evidence(Grant R. Martsolf, PhD, MPH, RN, Tamika Gordon, MS, Linnea Warren May, MPH, Diana Mason, PhD, RN, FAAN, Cheryl Sullivan, MSES, Antonia Villarruel, PhD, FAAN, 2016)The model is designed nurses were focus on issues related to health culture, making it a potentially context and useful to examine how other service providers may contribute to a culture of health.

Overview of Mental Health Literacy Health Cadre Endang R. Surjaningrum The analysis shows the level cadres ability to identify cases of depression is quite good compared to the case of psychotic, although the term used is not appropriate. Kader was also able to identify the existence of cases of mental health in the environment. In terms of knowledge of the recommendations, the majority of cadres to refer to professionals and also provide

practical recommendations that can be run in daily life.

Effect of Mental Health Cadre Training On Self Efficacy And Skills In Early Detection of Serious Mental Illness Psychosis In the village Banyuroto Nanggulan District of Kulon Progo Regency (Praise Sutarjo).Mental health cadres training in the treatment group and the control group showed significant results to changes in self-efficacy (p-value <0.000 and p-value 0.035). Different test post test 1 and 2, the training cadre of mental health in the treatment group showed no significant results to changes in self-efficacy (p-value 0.895), whereas the control group showed a significant (p-value 0.047). Different test in treatment and control group pre-post test 1, showed that the training cadre of mental health significantly to changes in self-efficacy cadre of mental health (p-value <0.000) but not significantly to changes in skill cadre of mental health (p-value 0.184). Based on the different test both treatment and control groups in the pre-post test 1 and post test 1 and 2, showed that a significant mental health cadres training to changes in mental health worker skills (p-value 0.005 and p-value 0.034)

4 CONCLUSIONS

Of journals found about the effectiveness CMHN, CMHN that the program had a positive impact for the development of community mental health and can improve mental health in the community, whether it was research conducted on the group health center nurse, health worker groups and family groups or society itself.

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